

# Macaroni and Ham Salad

Meal Components: Grains, Meat / Meat Alternate

Salads, E-10A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	1. Heat water to rolling boil. Add the salt.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Enriched elbow macaroni	1 lb 5 oz	1 qt 5/8 cup	2 lb 10 oz	2 qt 1 1/4 cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook for 10-12 minutes or until tender. Stir occasionally. Drain well. Rinse under cold water. Drain well.
Reduced calorie salad dressing	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
OR	OR	OR	OR	OR	3. In a bowl, combine macaroni and salad dressing or mayonnaise. Mix.
Lowfat mayonnaise	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
Cooked ham, water added, diced	1 lb 14 1/2 oz	1 qt 1 3/4 cups	3 lb 13 oz	2 qt 3 1/2 cups	4. Add ham, carrots, celery, onions, pickle relish, pepper, dry mustard, salt, and paprika. Toss lightly. Spread 2 lb 13 3/4 oz (approximately 2 qt 1/4 cup) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.

*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups
Fresh onions, chopped	2 oz	1/3 cup	4 oz	2/3 cup
Sweet pickle relish, undrained	2 oz	1/4 cup	4 oz	1/2 cup
Ground black or white pepper		1/2 tsp		1 tsp
Dry mustard		1 1/2 tsp		1 Tbsp
Salt		1/2 tsp		1 tsp
Paprika		3/4 tsp		1 1/2 tsp

**5.** CCP: Refrigerate within 1 hour. Hold at 40° F or colder. Cover. Refrigerate until ready to serve.

**6.** Garnish with paprika. Portion with No. 6 scoop ( ? cup).

#### Notes

\* See Marketing Guide

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Carrots	5 oz	10 oz
Celery	5 oz	10 oz
Mature onions	3 oz	6 oz

Serving	Yield	Volume
? cup (No. 6 scoop) provides 1 oz of cooked lean meat and the equivalent of 1 slice of bread.	<b>25 Servings:</b> 5 lb 11 ½ oz <b>50 Servings:</b> 11 lb 7 oz	<b>25 Servings:</b> 1 gallon ½ cup 2 pans <b>50 Servings:</b> 2 gallons 1 cup 4 pans

Nutrients Per Serving					
Calories	191	Saturated Fat	0.94 g	Iron	1.64 mg
Protein	9.4 g	Cholesterol	22 mg	Calcium	223 mg
Carbohydrate	25.31 g	Vitamin A	1331 IU	Sodium	677 mg
Total Fat	5.66 g	Vitamin C	1 mg	Dietary Fiber	1.5 g